

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

The NEBLINE Newsletter Archive from UNL
Extension in Lancaster County

Extension

11-1-2001

The NEBLINE, November 2001

Follow this and additional works at: <https://digitalcommons.unl.edu/neblines>



Part of the [Agriculture Commons](#)

"The NEBLINE, November 2001" (2001). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 10.

<https://digitalcommons.unl.edu/neblines/10>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Celebrate Family Connections!

LaDeane R. Jha
Extension Educator

Events of the past few months forced many of us to focus on the really important things in our lives. We quickly realized it was not money, things or stature that were important. It was our family and community connections. It was through our families, friends and neighbors that we drew strength and comfort.

In recognition of the importance of families as a basic building block of society, the United States has celebrated National Family Week during the week of Thanksgiving since 1970. The national event focuses on families and their importance to individuals and society. The week provides everyone a chance to honor the connections that support and strengthen families, both within families and throughout their communities. This year's theme seems particularly appropriate — *Connections Count*.

Since family life is so much a part of our everyday activities, it's easy for us to take it for granted. And since even very healthy families have their struggles, it's also easy to focus on family-related problems and forget the many benefits and joys that spring from healthy family living.

Thanksgiving week is a good time to reflect on the importance of family, including extended family and its older members. It's a good time to think about some little things you might do to celebrate your family and your community connections.

Who are some of the special people and organizations that help your family? Perhaps it's a grandmother or neighbor who watches the kids during the work week, an after school program leader who is a role model for kids, a community leader who made sure a new

park was built to accommodate kids with special needs. Perhaps it's a special someone in the family who is always ready to listen and give you a big hug.

"National Family Week is a wonderful time to honor the connections that support and strengthen families year-round," says Peter Goldberg, president and CEO of the Alliance for Children and Families. "Families traditionally connect and celebrate during Thanksgiving week, so it's a perfect time to

thank one another, as well as the other individuals and organizations who help the family thrive."

Here are some easy ways to celebrate National Family Week with your family:

- Write a letter to thank someone who has made a difference in the life of your family. Think about writing even short spontaneous notes of appreciation to a loved one, a public figure, or a person who provides service for you, such as

your child's teacher or the manager of your apartments.

- Discover different ways to spend quality time together, such as volunteering.

- Hold a "family supper" with your neighbors or the families of your kids' friends.

- Select an issue in your community that's important to your family and get involved.

- Visit a local community center and learn what kinds of family activities are available.

- Encourage employers to consider family-friendly work options, such as, flexible hours and time off to attend school functions.

- Take a walk together with a member of your family.

- Make several surprise phone calls to family members you haven't seen in a while.

- After your Thanksgiving Day meal or other family dinner, allow all persons present to tell something they really appreciate about their family. Focusing on the positives in our families creates good feelings and builds family cohesion and strength.

- On Thanksgiving Day or at another time during National Family Week, have an "I Remember When" session. Recall interesting or funny times from the past that hold special memories for the various family members present.

- Invite one or more people who do not have close families ties, or who cannot easily go home to join your family for Thanksgiving Day.

Ideally, it's best to celebrate the spirit of National Family Week all year long. Regularly seizing opportunities to express love, appreciation and forgiveness can go a long way in strengthening ourselves, our families and our nation.

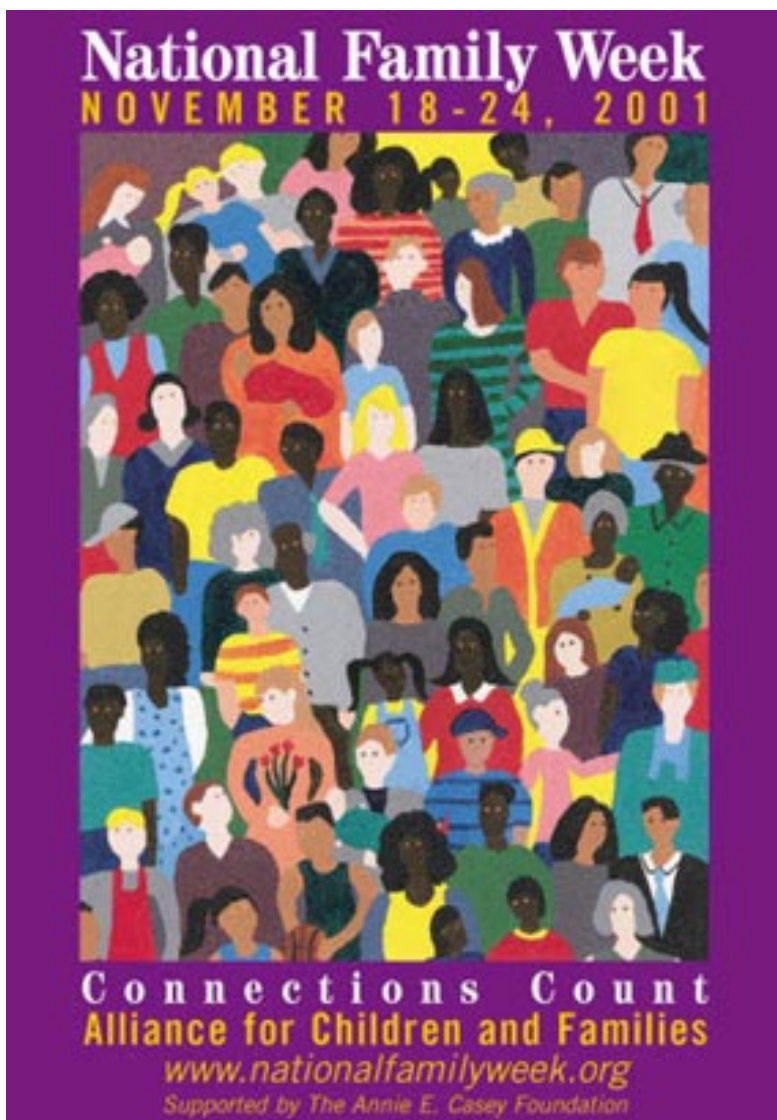
NU for Families is a state-wide effort of Cooperative Extension to celebrate family strengths and bring information to the people of Nebraska. For more ideas visit the Lancaster/Saunders Counties Families Web site: www.lancaster.unl.edu/familiv

communities.

Either first thing in the morning or last thing at night, engage in a couple of minutes of personal silent thanksgiving. Focus on your many blessing, large or small. Then take another minute and consciously rest in the peace that usually results from this practice.

"Perhaps the greatest service that can be rendered by anybody to the country and to mankind, is to bring up a family."

—George Bernard Shaw



Take Time to be Thankful

Melody Beattie, author and counselor says, "Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and

creates a vision for tomorrow."

The spirit of Thanksgiving is good for bodies, souls and communities. Fortunately, a grateful attitude "doesn't cost anything; it takes very little time; it's always available; and while there are lots of side effects, everyone of them is wonderful," according to Sam Quick, Human Development and Family Relations Specialist.

This is a good time of the year to hone our skill of expressing gratitude. The more we practice, the more keenly we begin to see the good and beautiful in other people, in ourselves and in the world around us.

The spirit of Thanksgiving then becomes a year long celebration of the blessings we enjoy as part of our families and

In this issue...



Horticulture

—page 2



Environmental Focus

—page 3



Farm Views

—page 4



Acreage Insights

—page 5



Food & Fitness

—page 6



Guide to Recycling

—special pull-out section



Family Living

—page 7



4-H & Youth

—pages 8-9



Community Focus

—page 10

**Lancaster County Extension
PROGRAMS & EVENTS HOTLINE**



FINGERTIPS 323-1784

featuring up-to-the-minute information

**Lancaster County Extension
WEBSITE**

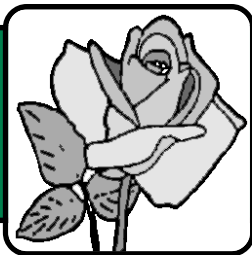
lancaster.unl.edu

featuring extensive online resources

Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry Creek Road • Suite A
Lincoln, Nebraska 68528-1507

CHANGE SERVICE REQUESTED

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska



Horticulture

Hints for Fruit Storage

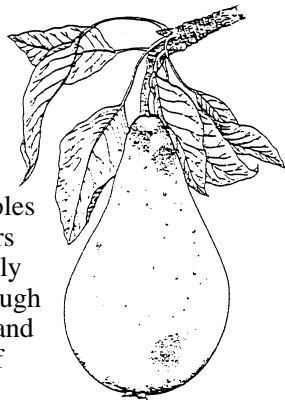
Proper storage conditions are needed for fruits that are not consumed immediately after harvest. The key to good storage is in controlling the temperature and relative humidity of the storage area. For fruits such as apples, grapes and pears, store them in cool temperatures at 32 to 40 degrees Fahrenheit and moist conditions at 90 to 95 percent relative humidity. Other fruits should be canned or frozen after harvest.

Select containers for storage that have smooth inner surfaces. Baskets, melon crates or boxes are suitable. Line these containers with aluminum foil to help retain moisture.

Apples and pears will likely last through the fall and winter if stored properly. Apple varieties should be harvested firm and ripe to insure the longest storage possible.

Harvest pears when they are full sized but still green and hard. Pears ripen quickly at 60 to 65 degrees Fahrenheit.

Grapes will usually keep for one or two months. Grapes should be stored alone because they pick up odors of other fruits and vegetables. (MJF)

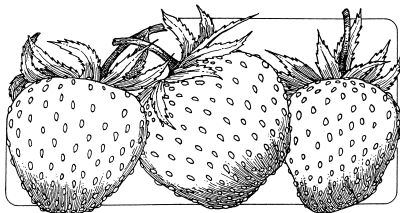


Winter Care For Strawberry Plants

Strawberry plants have already formed their flower buds for next spring. These flower buds can not stand temperatures below 20 degrees Fahrenheit.

Exposure to temperatures lower than this will result in the loss of some of the earlier and bigger strawberries next spring. Snow cover can act as a mulch and protect your strawberry crop.

While the strawberry plants are lush and green hold off mulching them for the winter. Only when night temperatures are forecast to go below 20 degrees Fahrenheit should you



consider mulching. Apply any coarse mulch, such as straw, to a depth of three inches. The mulching blanket will help protect the berries through the winter.

You may want to go out and uncover the plants if there is a warming trend forecasted after you have applied the mulch. (MJF)

Harvesting Popcorn

There are no shortcuts to popcorn harvest. Popcorn must mature on the stalk. In a normal year, it takes about 120 days from seed to harvest.

The kernels are usually hard and ready to harvest by the time the stalks turn brown and dry. The husks will be dry also. Harvest before cool, damp weather settles in, to prevent the possibility of mold growth.

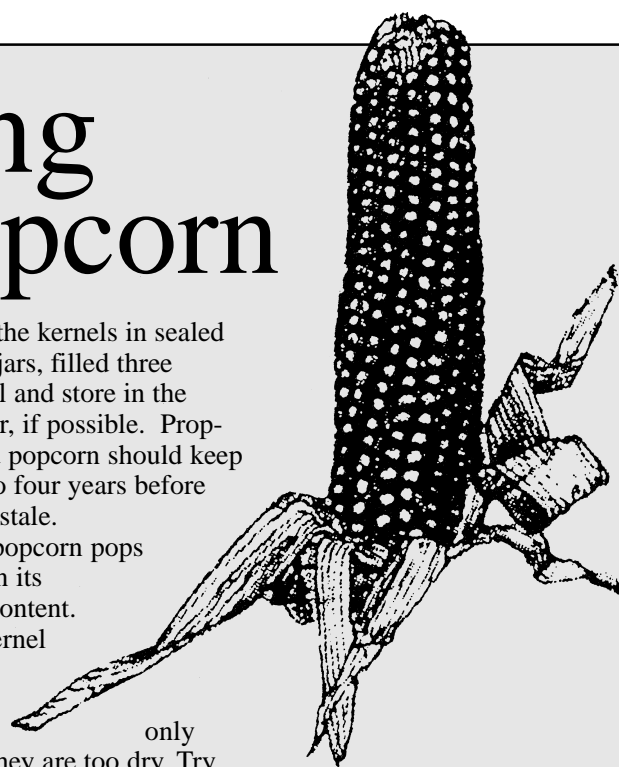
After picking the ears, remove the husks and cure the ears for two or three weeks. To cure, place them in a mesh bag and hang in a warm, dry, well ventilated place. After curing, remove the kernels by rubbing one ear against another, starting at the tip and working toward the base.

Store the kernels in sealed one-quart jars, filled three fourths full and store in the refrigerator, if possible. Properly stored popcorn should keep for three to four years before becoming stale.

How popcorn pops depends on its moisture content. If many kernel remain unpopped or pop only partially, they are too dry. Try adding one tablespoon of water per quart jar and shaking the jar twice a day for a couple of days. If a test popping shows kernels are still too dry, repeat the process once.

If kernels are too moist, they will pop very slowly with a loud

explosion and steam may rise from the popper. To encourage moisture loss, leave the popcorn storage container unsealed until a test popping shows the kernels are properly cured. (MJF)



Aloes, Easy and Fun to Grow

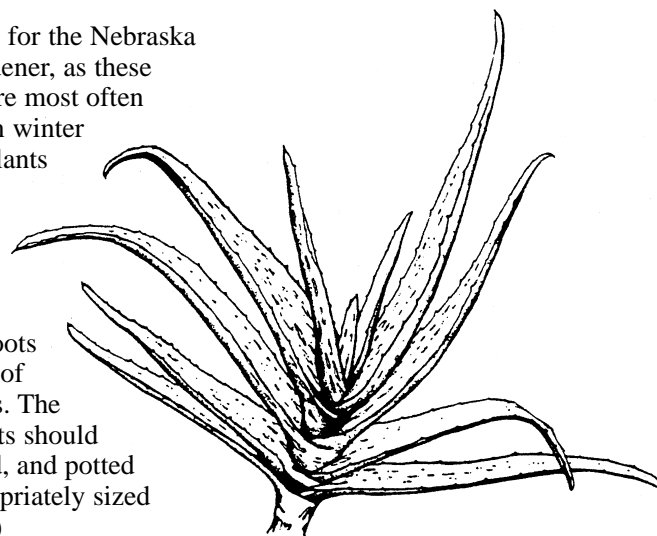
The true aloe or medicine plant is the ideal plant for people who tend to forget to water their house plants.

The aloe prefers cool temperatures around 70 degrees Fahrenheit during the day, with a night temperature of 50 to 55 degrees Fahrenheit.

Aloes prefer full sun and a well drained soil. They should be kept only barely moist, as saturated soil conditions will lead to root rot diseases. Healthy specimens produce spectacular red, yellow or orange blossoms under outdoor conditions. This is

unfortunate for the Nebraska indoor gardener, as these blossoms are most often produced in winter when the plants would be indoors.

Aloes may be propagated from offshoots of the base of older plants. The young plants should be removed, and potted up in appropriately sized pots. (MJF)



Pine Cones For Decoration

While you are outside enjoying the cool winter days, you may notice that many evergreens have attractive pine cones that you could use to decorate your home during the holiday season.

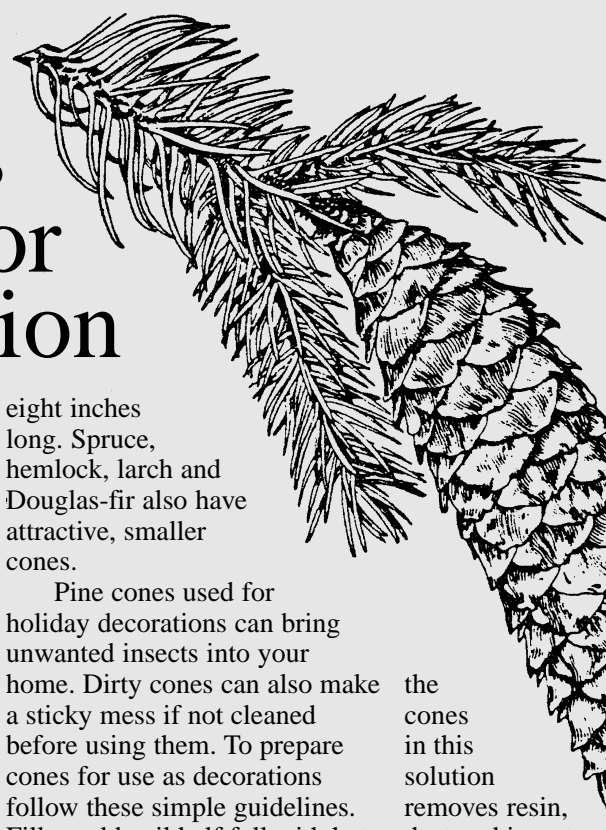
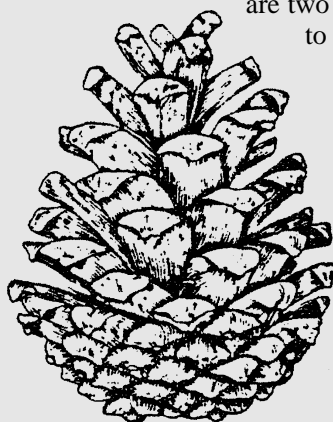
Pine trees such as eastern white pine, ponderosa pine, Scotch pine and Austrian pine all have nice sized cones that are two

eight inches long. Spruce, hemlock, larch and Douglas-fir also have attractive, smaller cones.

Pine cones used for holiday decorations can bring unwanted insects into your home. Dirty cones can also make a sticky mess if not cleaned before using them. To prepare cones for use as decorations follow these simple guidelines. Fill an old pail half full with hot water. Add a cup of chlorine bleach and enough laundry soap to make light suds. Drop in the cones, a dozen at a time, then stir the solution and cones for a few minutes. Do not use your bare hands because a strong chlorine bleach solution will cause skin irritation. Washing

the cones in this solution removes resin, dust and insects. Lift out the cones and rinse in clean water. Do not let the cones soak in water because they will darken.

Use the pine cones to decorate your home, wreaths and floral arrangements. After the holidays store them away for next year. (MJF)



Horticulture information center

NUFACTS
24 hours a day, 7 days a week
1-800-832-5441; or
441-7188 in the Lincoln area



To listen to a NUFACTS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-7180 to receive a brochure with all the NUFACTS message topics. (MJF)

NUFACTS

- 124 Wood for Fireplace
- 157 Winter Rose Care
- 170 Spring Bulb Forcing
- 173 Climbing Roses
- 210 Amaryllis
- 212 Swedish Ivy
- 213 Prayer Plant
- 214 Houseplant Insects
- 217 Boston Fern
- 218 African Violet Care
- 222 Winter Houseplant Care
- 223 Repotting Houseplants
- 224 Houseplant Artificial Light
- 236 Strawberry Winter Care
- 289 Wood Ash in Garden

Combing: a Safe, Non-Toxic Method of Lice Control

Combing is the oldest method of lice control. It is completely safe. When done properly, it takes time and requires patience on the part of parent and child. You can completely avoid insecticide shampoos/rinses if you comb the hair to remove lice and nits, but you must be diligent. Even if you use an insecticidal shampoo, combing is the only way to remove nits from the hair.

If your time is limited, it is much more important to spend the time combing your child's hair than washing clothes/linens and vacuuming the house.

How to Use a Lice Comb

1. Getting ready. First, purchase a metal lice comb. The tines of a specially designed nit comb are narrower than the eggs. Do not use plastic combs provided with some pesticidal shampoos; they are flexible and can allow nits and lice to pass through. If you cannot find a metal lice comb, ask your pharmacist to order one. Other items that you will need are:

- comb and/or brush
- bobby pins or hair clips (for long hair)
- a large towel to place around the child's shoulders during combing
- box of facial tissue
- bowl of water with a little dishwashing liquid added.

Combing should be done in a well lit area. Seat the child so her/his head is just below eye level. It also might be a good idea to have something fun to entertain the child that does not require much physical activity. Consider reading, modeling clay, coloring or videos.

2. Prepare the hair. Cover the child's hair with salad or olive oil, or a hair conditioning product. The oil or conditioner prevents the hair from tangling, prevents the hair from drying out and makes it easy to use the lice



comb. Use a regular comb or brush to remove the snarls.

3. Combing. Separate a mass of hair that is slightly wider than the width of the metal lice comb and about 3/4 inch in the other direction. It is important to separate the hair into small sections so you can more easily see lice and nits.

Hold the mass of hair with one hand. With the other hand, hold the lice comb in a slanting position with the teeth toward the head.

Insert the comb as close to the scalp as possible since the eggs are first laid within 1/2 inch of the scalp. Gently pull the comb slowly through the hair several times. Check the hair carefully.

Comb one section at a time and check each section again. Pin the hair out of the way curling it flat against the head. Whenever you comb out nits or live lice, dunk the comb in the soapy water. Make sure the comb is clean before you use it on the hair again. Frequently remove hair and other debris from the comb with a tissue. When the bowl is full, flush its

contents down the toilet and refill the bowl with soapy water. Continue combing.

After Combing

Flush the contents of the bowl down the toilet. Shampoo the hair at least twice to remove the oil/conditioner. When the hair is dry, check for stray nits and remove those hairs individually with a pair of small, pointed scissors. (SC)

Environmental Focus



Celebrate America Recycles Day

November 15, 2001

The average American generates nearly 1,500 pounds of trash each year. That's over 200 million tons of waste produced annually in the United States.

Because more Americans are recycling, the nation's recycling rate is over 28 percent. This means the steel and aluminum cans, glass jars, paper, plastic and even rechargeable batteries we place at the curb or at drop-off sites, are making a real difference in reducing our nation's waste.

November 15 is America Recycles Day. Millions of Americans will commit to keep recycling. What can you do? Recycle, but remember to close the loop by purchasing recycled-content products. It's easy to do. Over 90 percent of all Americans have access to recycled-content products. Whether at the



grocery store, at the office or at home, recycled products are everywhere. Tires are made into soaker hoses, carpeting and fleece jackets. T-shirts, benches and shoes are made from soda bottles.

All you have to do is read the label. You'll find loads of recycled-content products.

In Lincoln, 54 percent of aluminum cans recycled are made into other aluminum cans, 100 percent of cereal boxes and 33 percent of cardboard recycled are made into recycled products. Twenty-eight percent of recycled steel cans and 27 percent of glass are reused in products.

So...on Nov. 15, join our nation in the recycling effort. Buy recycled products. For more information, visit www.americarecyclesday.org (ALH)

Head Lice Resources Available from the Extension Office

• **Head Lice Management Fact Sheet** — Detailed information on head lice treatment, combing and management. An important resource for educators, health professionals, child care providers and cosmetologists. (free)

• **Fact Sheet Quick Guide to Removing Head Lice Safely** — Basic information on head lice management. Designed for families. English and Spanish versions. (free)

• **The award-winning**

video, "Removing Head Lice Safely" — This video is available for purchase from the extension office (\$10 plus shipping and handling). Many Lancaster County schools have this video in their buildings. Check with your school nurse. The video is currently showing on 5CityTV (Cable Channel 5) in Lincoln. Check program guide for viewing times.

Visit the Lancaster County Extension Web site at <http://lancaster.unl.edu/enviro/pest/>

lice.htm. You have instant access to all of the Fact Sheets listed above and terrific photos of lice, nits and combing techniques. In addition, you can view the video "Removing Head Lice Safely" at your convenience, on the web site. This on-line video streaming was made possible by the folks at 5CityTV.

Contact the Lancaster County Extension office at 441-7180, for more information. (SC)

Asthma and Indoor Air Contaminants

Asthma is a serious lung disease that has increased dramatically in the last 20 years. It kills more than 5,000 people each year and costs about \$12.5 billion in medical care and lost time from school and work. It is the leading cause of school absenteeism in the U.S. It is estimated that 14 million Americans have this disease; of these five million are children.

Asthma is an allergic reaction that causes the sides of the airways in the lungs to become inflamed or swollen. Symptoms are coughing, wheezing (a whistling noise when you breathe), chest tightness and shortness of breath.

Asthma can be triggered by air contaminants that are indoors or are carried inside from outdoors. Outdoor particles come into your home through windows, doors and heating systems. Some contaminants in

the air that trigger asthma are:

- Tobacco and wood smoke.
- Perfume, hair spray, paint or solvent odors or fumes.
- Pollen and mold spores.
- Animal allergens such as animal dander from pets, dust mites, cockroaches, mice.

People who have symptoms of asthma should avoid those triggers and may need to have a series of allergy tests to determine what those triggers are.

Here are some to help reduce exposure to some of the more common indoor air contaminants:

Tobacco Smoke: Smoking should not be allowed in the home of someone with asthma or allergies. Ask family members and friends to smoke outdoors and suggest they quit smoking. Avoid smoky restaurants and ask for non-smoking hotel rooms while traveling.

Wood Smoke: Wood smoke is a problem for children and

adults with asthma and allergies. Avoid wood stoves and fireplaces.

Strong Odors or Fumes: Perfume, room deodorizers, cleaning chemicals, paint and talcum powder should be avoided.

Indoor Mold: When humidity is high, mold can be a problem in bathrooms, kitchens, and basements. The basement, in particular, may need a dehumidifier. And remember, the water in the dehumidifier must be emptied and the container cleaned often to prevent forming mildew.

Pets: Almost all pets can cause allergies, including dogs and especially cats. Birds, hamsters and guinea pigs can also cause problems. In serious cases of asthma, pets may need to be removed from the home. If the pet stays in the home, keep it out of the bedroom of anyone with asthma or allergies. Weekly

pet baths may help cut down the amount of pet saliva and dander in the home.

Sometimes you hear certain breeds of cats or dogs are "non-allergenic." There really is no such thing as a "non-allergenic" cat or dog, especially if the pet leaves dander and saliva in the home. Goldfish and other tropical fish may be a good substitute.

Cockroaches and Dust Mites: Both of these are potent asthma triggers, so efforts must be made to eliminate or reduce these pests in the homes. The allergen trigger is from cast skins of cockroaches and dust mites that become part of house dust. Managing cockroaches and dust mites is not easy and can take a lot of work. Information on controlling these pests is found at: <http://lancaster.unl.edu/enviro/pest/bug.htm>.

The Bottom Line: Reduce or remove as many asthma and

allergy triggers from your home as possible. If possible, use air filters and air conditioners to make your home cleaner and more comfortable. Pay attention to the problem of dust mites and roaches. Vacuum cleaners stir up dust and allergens in the air. A vacuum cleaner with an air filter or a central vacuum cleaner with a collection bag outside the home may be of some value. Anyone with asthma or allergies should avoid vacuuming, although, if there is no other alternative, a dust mask may be helpful.

Website sources: American Lung Association website at www.lungusa.org/asthma/asthomecon.html and American Academy of Allergy, Asthma and Immunology at www.aaaai.org/public/publicedmat/advocate/default.stm. (BPO)



Farm Views

Extension Record-Keeping Workshop Receives Award



Cooperative Extension's popular Computerized Financial Record-Keeping Workshop series was recently named a national finalist by the National Association of Agricultural Agents (NACAA). The award is part of the NACAA Search for Excellence in Farm and Ranch Financial Management program sponsored by John Deere.

Extension Educators Tom Dorn (Lancaster County), Bob Meduna (Saunders County) and Dave Varner (Dodge County) have teamed up the past four years to teach the Computerized Financial Record-Keeping Workshop in the three county area.

The two-day workshops are taught in computer labs

with participants sitting at computers performing the tasks being demonstrated. The topics taught are universal but the examples were developed especially for farmers.

To date, one or two people from 182 different farm operations have attended the workshop series, receiving up to 11 hours of classroom instruction.

In follow-up surveys conducted several weeks after the conclusion of the each workshop, over 80 percent of the participants indicated that they learned to keep a better (more complete) set of financial records and nearly 100 percent said they learned to keep a more accurate set of records as a result of attending the workshops. (TD)

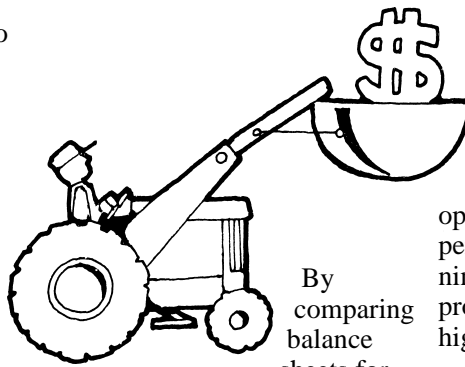
As the current year draws to a close, many farmers will be catching up their financial records and doing some income tax planning.

Most farmers are on a cash accounting system for income tax purposes. That is, if income has been high this year, crop input purchases, equipment purchases, or other tax deductible expenses could be incurred before year-end, thus reducing current year taxable income.

Alternatively, income from current year production can be deferred by waiting to sell until after the start of the new year. In a year when income has been low, waiting to purchase crop inputs or perhaps selling more production than usual, before the end of the year, may be wise to level out the income from year to year.

While a cash accounting system is useful for leveling out income from year to year, one cannot rely on the net taxable income number as an indication of the actual profitability of the farm operation because it does not account for changes in inventory or capital assets.

That is why most banks require that the farmer complete a balance sheet at the end of the year. The purpose of the balance sheet is to show one's financial position (net worth and the supporting asset and liability structure) at a specific point in time. A single balance sheet indicates a specific financial position, without evidence as to how you arrived at that position.



By comparing balance sheets for

successive periods, it is possible to determine the extent to which your financial position has changed over time.

Some economists and bankers use financial ratios to assess the financial health of a farm operation. Debt is a part of every farmer's life. In fact, most agricultural producers now find debt is necessary to the success of their operations. Credit should be seen as a resource by producers because when managed carefully, it can do wonders to enhance the profitability of the operation. But in the end, debt is debt. When too much of it is accrued, trouble strikes.

Here are four financial ratios that can help to assess exactly how much is too much.

- The debt to asset ratio is the ratio of total farm liabilities to total farm assets. Guidelines based on farm record studies indicate that debt less than 40 percent of assets is acceptable. Debt between 40 percent to 70 percent is questionable and debt over 70 percent of assets is in the danger zone.

- The rate of return (ROA) on assets reflects the productiv-

ity of farm assets. So long as the ROA is greater than the interest rate, the borrowed funds are aiding in the profitability of the operation. For example, an operation with a ROA of 12 percent and borrowing money at nine percent is using credit profitably and can benefit from a high level of debt.

- Interest expense ratios measure the percent of gross revenue being spent for interest. In most cases, 10 percent or less is optimal. Up to 20 percent is cause for concern, and any higher than 20 percent is dangerous.

- The term debt coverage ratio indicates the ability of the business to cover all term debt and capital lease payments. It is the ratio of funds available to service term debt to the amount of existing term debt payments. Any ratio greater than one to one indicates the business has reserve capacity to service term debt and capital lease payments. (Stated differently, when there is more money available to service these payments than the actual payments will be, the business is said to have reserve capacity. If there is less money available than is needed for these payments, action needs to be taken to correct the shortfall.)

Remember that these are only guidelines, every farm is unique. (TD)

Source: Larry Bitney, NU Extension Farm Management Specialist with the Department of Agricultural Economics, NU/IANR

Beware of Entrapment in Moving Grain

In Nebraska, where corn production is the second highest in the nation, the land is dotted with grain bins, gravity feed bins and gravity feed wagons. If workers enter these bins and wagons when grain is moving, the result can be engulfment and suffocation.

Recently, Bill Hetzler and Art Davis, from the Nebraska Workforce Development, Department of Labor shared the following statistics. In the United States, between 1980 and 1994 more than 120 people were killed by grain engulfment. Between 1994 and 2001 an additional 10 people have died in grain engulfments in Nebraska. Four of these 10 fatalities occurred in 1999.

As examples of the types of fatal incidents involving grain in Nebraska, three of the four fatalities that occurred in 1999 are listed below:

Two Feedlot Workers Suffocated in Grain Bin

Two feedlot workers, a 20-year-old and a 23-year-old, went into a 6,000-bushel cone bottom gravity feed bin when the corn was flowing out the bottom of the bin. Neither worker had a harness or lifeline on. Both became engulfed in the moving

grain and suffocated. When the workers were discovered missing, holes were cut in the bin to rescue them. When the workers were recovered from the bin, attempts to resuscitate them were not successful.

Father Rescuing Son is Engulfed in Corn Hopper

A 35-year-old farmer was trapped in a semi grain hopper that was being unloaded. Two of his young sons were playing on top of the grain hopper when the youngest fell into the moving corn. The father jumped into the hopper to rescue his son. In the process, he became engulfed in the corn himself. The son came out through the bottom of the hopper and was successfully attended to by his mother and an older brother. After being engulfed for approximately 15-20 minutes the father also came out through the bottom of the hopper but he had suffocated.

Youth Suffocated in Corn Bin

A 15-year-old farm youth was suffocated in approximately four feet of corn. He had climbed the bin and entered



Photo courtesy of United States Department of Agriculture

through the door on the roof and then went down into the bin to scoop corn from the lower door of the grain bin so it could be opened for final clean out. The unloading auger was run intermittently while he was in the bin. Co-workers found him approximately 30 minutes later engulfed by the corn.

Hetzler and Davis recommend the following measures be taken to increase safety when working around grain and grain

storage facilities.

1. Ensure workers are wearing appropriate fall protection anytime they enter a grain storage structure above the level of stored grain products.

2. Ensure that equipment appropriate for rescue operations related to grain handling and storage is in place and ready for use.

3. The greatest danger is from grain that is moving. Ensure all equipment that presents a danger to workers is

locked-out, blocked-off, or otherwise prevented from operating whenever a person is standing on the grain.

4. Ensure young children are kept away from grain bins and grain handling operations.

5. Consider installing locks on all accesses to bins and silos and controlling access to the keys.

6. Consider providing communications equipment, either permanently installed, or portable, for teams entering bins and silos to call for help if needed. (TD)

The cases described above come from the Nebraska Fatality Assessment and Control Evaluation (FACE) Project, an occupational fatality surveillance project to determine the cause of fatal work-related injuries and identify and recommend prevention strategies. FACE is a research program of the National Institute for Occupational Safety and Health (NIOSH), Division of Safety Research. The Nebraska FACE Project is a cooperative agreement between NIOSH and Nebraska Workforce Development. For more information please call 595-3095 or visit www.nebraskaworkforce.com.

Winterize Equipment Before Storing

From trowels to tillers, gardening equipment will last longer and do a better job for you if you spend some time on preventive maintenance each fall. Getting tools in tip-top condition now also means they'll be ready to use when the gardening bug bites next spring.

The owner's manual on your garden tractor, lawn mower, tiller or other powered equipment is usually your best guide to winterizing it. Generally, the main steps include draining the fuel tank and the engine of fuel, draining and changing the oil, cleaning and sharpening, adjusting and lubricating various parts as needed, and cleaning, replacing, or cleaning and oiling the air filter.

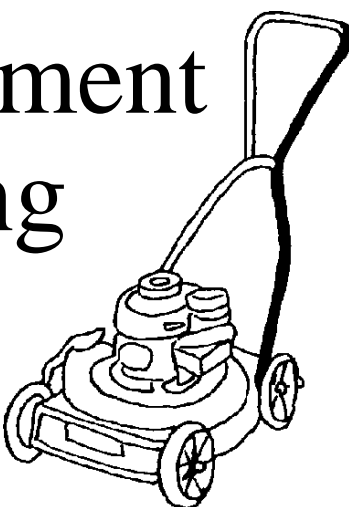
Also, remove the spark plug and place a teaspoon of clean oil in the cylinder. Then turn the engine over with the starter so the oil lubricates the cylinder walls and valves. This protects against

rust. Replace the old spark plug or buy a new one and put it in. Clean the tops of the batteries and store them where they won't freeze.

Chainsaws and other engine-driven equipment that will be used during the winter should be drained and refueled with winter-grade gasoline in the late fall when refiners begin to supply dealers with winter-grade fuels.

Order parts that you'll need in the spring and tale or tie them to the equipment so they don't get lost. If you store them elsewhere, write a note to yourself and tape or tie it to the equipment to remind yourself of what needs to be done and where the parts are.

Hand tools used to work the soil need to be cleaned before you store them. Remove the soil from metal parts and wipe then with an oily rag. Wood handles and wood ladders can be treated with a wood preservative made from 1 part linseed oil and 2 parts paint thinner applied with a brush. Store tools where they won't be



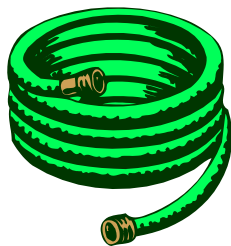
exposed to dampness.

Drain garden hoses before storing. Store them coiled up and lying flat rather than hanging them – they tend to crack where they bend.

Hedge trimmers and pruning tools may be sticky with pitch and sap. A rag dipped in paint thinner will clean them. After cleaning, sharpen and oil them.

Garden sprayers, dusters and fertilizer spreaders also need thorough cleaning so that chemicals don't clog moving parts or nozzles. Dry fertilizer left in a spreader will absorb water, which will contribute to rust and general deterioration.

After emptying and cleaning equipment, lubricate moving parts and rub rust-prone metal with an oily rag before storing. (DJ)



Heavy Water Use May Harm Septic Systems

Spreading household water use throughout the day will extend a septic system's life expectancy and allow it to treat wastewater more effectively.

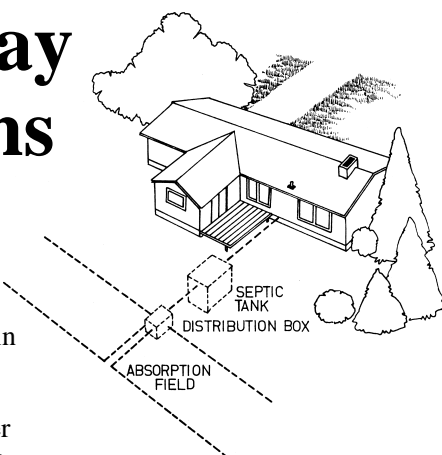
A septic tank is filled to capacity at all times, except immediately after pumping. If too much wastewater flows into the system at once, the drain field can become clogged and won't be able to treat wastewater as effectively.

As a gallon of wastewater flows into the tank, a gallon of effluent flows from the tank to the drain field. For the system to work well, the wastewater flowing into the tank should remain for 24 hours to allow heavy solids to settle and light solids to float to the top. Heavy water use, during a short time

period, causes wastewater to move in and out of the tank too quickly. Solids don't have time to settle and move with the effluent into the drain field, causing it to clog.

Following these suggestions will help conserve water or spread out water use in the home:

- Avoid washing three or more loads of laundry in a short time period.
- Install low-flow water fixtures, low volume toilets and low water-use appliances.
- Repair leaky faucets.
- Take short showers and turn off the faucet while brushing teeth or shaving.
- Select a water softening unit with demand-initiated regeneration rather than one



Typical septic tank system.

using a date and time clock.

Allow septic systems to work naturally. System starters, additives and feeders are unnecessary, and in some cases, may keep materials suspended in the wastewater and allow them to flow into the drain field. (DJ)

Sources: Community and Residential Environment Team Water and Waste Group; Sharon Skipton, Wayne Woldt and Jan Hygnstrom, NU/IANR

Acreage Insights



Storing Leftover Pesticides

As the growing season winds down and the need for lawn and garden chemicals wanes, a typical problem is what to do with the leftovers. Proper off-season storage of pesticides and other chemicals has two aims: to prevent poisoning accidents and to keep the materials in usable condition for next year.

Safety is the top concern. Pesticides – insecticides, weed killers, fungicides, etc. – are poisons and need to be treated with caution. Always store any toxic chemical in a locked storage area where children, pets, wildlife and irresponsible adults can't get into it.

Many accidental poisonings occur when pesticides are transferred into containers other than the labeled ones in which they were purchased. The pesticide label tells what's in a container and provides the information you need to use it properly, so always store pesticides and other chemicals in their original containers with the labels intact.

Lost or unreadable labels can and should be replaced – just contact the dealer that sold you the material or contact the cooperative extension office.

Never store pesticides or other chemicals with or near food, feed, medicine or cleaning supplies. This reduces the

possibility of a mix-up or contamination of these materials by a pesticide spill.

Always store pesticides and other chemicals where they won't be subject to very high temperatures – 90 degrees F or higher – or temperatures below freezing. High temperatures may cause chemical changes that will make pesticides less effective. Freezing will ruin liquid formulations and may break containers.

The storage area should also be dry so powders, dusts and granulated products don't absorb moisture.

To be on the safe side, enclose cardboard or paper containers in plastic bags and seal them tightly to protect against dampness and moisture.

Buying only what you can reasonably expect to use in a season will limit the amounts of chemicals you have leftover in the fall and need to store. Mixing only what you'll need for any one application means you won't have leftovers to dispose of. The best way to dispose of pesticides is to use them as directed on the label.

Never dispose of a pesticide or other chemical by pouring it down the drain, on the ground, into a storm sewer or into a body of water. The danger to other humans, pets, wildlife and the environment is too great. (DJ)

Reduce Orchard Woes

Care for the orchard doesn't stop when the harvest ends. A critical part of the pest control program remains: the fall orchard cleanup.

Cleaning up fallen fruits and leaves eliminates many insect pests and disease organisms that would otherwise overwinter in the orchard and be on hand to cause problems next year. It's a critical part of any effort to reduce pest problems.

It's not strictly a fall chore – fruits that drop at any time during the growing season and diseased leaves that fall should be cleaned up as soon as possible. Twigs and branches

infected with diseases should be pruned in the winter. But, the major cleanup occurs in the fall after the harvest is over and trees have lost their leaves.

A fall cleanup can reduce the incidence of fungal diseases, such as apple scab. It can also reduce the pressure on trees by pests, such as apple maggot, by reducing the overwintering population of insects.

A fall cleanup probably will not eliminate the need to use pesticides to control these problems but it should help make chemical controls more effective. (DJ)

Beware of Wood Heating Dangers

With the high fuel costs this year, there is a renewed interest in wood heating. Wood is a renewable source of energy that can supplement conventional fossil fuels for home heating. Heating with wood can reduce costs, but can be dangerous if the homeowner does not take precautions.

Fires caused by the

misuse of alternate energy sources — including wood stoves, portable space heaters, kerosene heaters and fireplaces — are the leading cause of residential fires in the United States today. The greatest number of fires occur in rural areas, with solid fuel heating equipment, such as fireplaces, blamed as the primary cause of death.

Smoke detectors have reduced home fire related injuries since they were introduced, but the growth of their use has slowed. Nearly 20 percent of American homes don't have a smoke detector. Another 25 percent of all U.S. homes have non-functioning smoke detectors. The main reasons found are dead or missing batteries and incorrect

installation or location. That leaves only 55 percent of the country's residences which have at least one working smoke detector. There is also evidence households most at risk for fires are those least likely to have detectors.

Chimney fires can happen when creosote accumulation from wood stoves and fireplaces ignites in the chimney. Creosote

is a chemical by-product of a wood fire. Gases and minute droplets of tar and water are released as visible smoke during combustion. Some of these gases and tars condense out of the smoke onto the cool inner surface of the chimney as creosote. Generally, the higher the burn efficiency of

See **HEATING** on page 11



Food & Fitness



GUEST COLUMNIST **Mary Torell, Nebraska Department of Agriculture, Poultry and Egg Division**

Traditions may come and go, but Thanksgiving remains a holiday classic seemingly untouched by time. While we may not always go “over the river and through the woods to Grandma’s house,” Thanksgiving is still a time to gather with family and friends to give thanks for all we enjoy. Turkey has been a part of Thanksgiving celebrations for generations. Today, the traditional turkey is center stage at 90 percent of all Thanksgiving dinners.

The National Turkey Federation has provided Thanksgiving meal preparation tips on their Web site at: www.eatturkey.com. You can turn to the Web site’s main page, click on “Consumer,” and then click on “Holiday Cooking Tips” to find tips and recipes for creating a scrumptious, stress-free Thanksgiving feast. You can also access the Norbest Web site at www.norbest.com and you’ll find helpful turkey cooking tips and recipes for utilizing those holiday leftovers.

If you don’t have access to the Internet and have questions about preparing turkey, contact Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry and Egg Division by e-mail at mtorell2@unl.edu or call 472-0752. Each contact will receive a \$2 off coupon for a turkey from NORBEST, a Nebraska grown product. Here’s a delicious recipe using leftover turkey.

Turkey Barbecue Sandwich

2 cups cooked turkey, chopped
1/2 cup catsup
2 tablespoons Worcestershire sauce
1 teaspoon mustard
1/4 teaspoon chili powder
1/2 cup tomato sauce
1 tablespoon onion flakes or powder
2 tablespoons brown sugar
1/4 teaspoon garlic powder
1/4 teaspoon red pepper
4 hamburger buns, toasted

Stove Top Instructions

Combine all ingredients except turkey and buns in a saucepan and bring just to a boil. Add turkey and simmer until heated steamy hot throughout. Serve BBQ mixture on toasted hamburger buns.

Microwave Instructions

In a medium bowl, combine all ingredients except buns. Transfer to a microwave safe loaf dish. Cover with lid, paper towel or waxed paper. Cook 3 to 4 minutes on high in your microwave oven until heated steamy hot throughout. Stir midway through the cooking process. Serve BBQ mixture on toasted hamburger buns.

Serves 4



YOUR information center... around the clock

NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry: www.lancaster.unl.edu/food

FREE monthly Food Reflections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

T-U-R-K-E-Y Tips

Alice Henneman, MS, RD
Extension Educator

TAKE out the neck and giblets from the neck and body cavities.

USE an oven temperature of 325 degrees F. If you use a lower temperature than this, your turkey may not cook fast enough to be safe. A 12-pound unstuffed turkey will take about three hours to roast while a 24-pound unstuffed turkey may take up to five hours. Most turkey packages will give guidelines for approximately how long to cook your turkey.

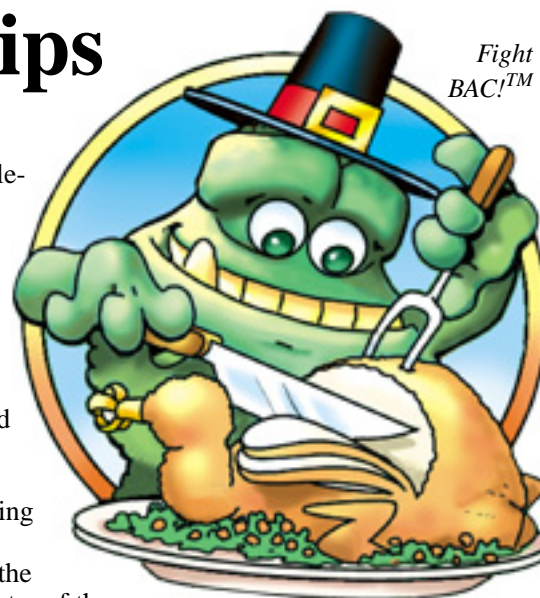
ROAST your turkey until the pop-up timer in the breast has popped up. Or, use a meat thermometer to check the internal temperature. Insert the thermometer in the inner thigh area near the breast of the bird, but not touching bone. (Even if your turkey has a pop-up timer, it’s always a good

idea to use a meat thermometer to double-check the temperatures.) A turkey is done when the thigh temperature reaches 180 degrees F. When you poke into a cooked turkey with a fork, the juices should be clear. For greatest safety, it is recommended to cook stuffing outside the bird, in a casserole dish, or on the stove top until the center of the stuffing reaches 165 degrees F.

KEEP cooked turkey at room temperature no longer than two hours. Debone turkey and refrigerate all leftover turkey, stuffing and gravy in shallow pans within two hours of cooking or freeze these foods.

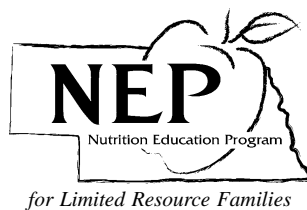
ENJOY leftover turkey. Use leftover refrigerated turkey within three to four days, stuffing and gravy

YOU can roast your turkey up to a year later if you don’t get around to fixing it this year! Just keep it stored at 0 degrees F or lower.



within one to two days, or freeze them. For best flavor, use frozen turkey in about four months and stuffing and gravy in one month. For some recipe ideas on enjoying leftover turkey, check the Lancaster County Extension Web site at: lancaster.unl.edu/food/turkey.htm

Sisters Together Program Encourages “Move More” and “Eat Better”



Maureen Burson
Extension Educator

What is Sisters Together?

The goal of the Sisters Together program is to increase health awareness among African American women by encouraging them to “Move More” and “Eat Better.”

Who is Sisters Together?

Sisters Together is a national program sponsored by The National Institute of Health. Locally, the program is composed of African American women, community organizations and leaders concerned about the health and wellness of our community.

Why do we need Sisters Together?

African American women are the most obese segment of the American population. African American women between the ages of 20 to 35 are more obese than their predecessors.



Dr. Georgia Jones (left), extension foods specialist and Patricia Lynch (second from left), doctorate student, share the “Sisters Together — Move More, Eat Better” to members of the Lincoln/Lancaster Food and Hunger Coalition.

sors. Obesity increases one’s risk of developing conditions such as high blood pressure, diabetes, heart disease, stroke and certain forms of cancer.

The Good News

There is something that you can do about obesity and related diseases. Studies show that a healthy lifestyle that includes physical activity a diet low in fat, cholesterol, and sodium can reduce the occurrence of these chronic diseases. If maintained, even small weight losses improve your health.

What does Sisters Together do?

- **Physical Activity:** walk-

ing, dance, aerobics.

- **Healthy cooking and demonstrations:** This includes nutritional analysis of recipes, cooking demonstrations of healthy, “quick to fix” foods.

- **Monthly meetings:** consisting of inspiration, health and wellness information, cooking demonstrations.

- **Monthly newsletter**” to give you information in a “nutshell.”

- **Community Service**

Find Out More

To find out more information or to join Sisters Together, contact Dr. Georgia Jones at 472-3225 or Dr. Ra Drake at 477-9379.



Clean Hands Campaign

Have fun using “glo-germ” to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. (AH)

Clarice's Column



Clarice Steffens
FCE Council Chair

As we move through fall and anticipate the coming of winter, it is time to enjoy the last few days of great fall weather. The winter cold and snow cannot be far away and may already be with us as you read this. As Nebraskans, we are never too surprised at whatever Mother Nature has in-store for us.

September and October are active times for FCE. September

brings reorganization of clubs and Council meeting. October brings Achievement Day.

Officers for the next two years were elected at the Council meeting.

They are Lynn Bush, chair; Jan Broer, vice chair; Irene Colborn, secretary; and Joy

Kruse, treasurer. We are also assured we will be able to offer a scholarship in 2002, thanks to all who contributed to the fund through the Bakeless Bake Sale. Thank you to Scott Young, director of the Lincoln Food Bank, for speaking at the

Council meeting. Achievement Day activities are below.

We are always looking for ideas for programs, fund raising ideas and any suggestions for the betterment of the organization. There is still an opportunity for your input. I hope to hear from you.

The transformation from fall into winter means Thanksgiving is fast approaching. It is time to renew old traditions and maybe establish some new traditions. Regardless what your plans may be, enjoy the warmth of gathering with friends and family.

Happy Thanksgiving!



★ FCE News ★

Family Community Education (FCE) Achievement Night

This year's FCE Achievement Night was a success, and everyone thoroughly enjoyed Kathy Peters' presentation on dollmaking. For more photos of the evening, visit www.lancaster.unl.edu/home/fce.htm



Kathy Peters, guest speaker.



Donna Gill (above left) received a 45 Years achievement award. Other individual achievement awards went to: Betty Baker, 55 years; Bonnie Krueger, 40 years; Leoma Winch, 40 years; Joy Kruse, 35 years; Lois Reisel, 35 years; Martha McLeod, 25 years; Jo Yuhl, 20 years; Diane Wendelin, 10 years; and Joyce Riddle, 5 years.

Avoid Holiday Stress — Have Realistic Expectations

It is easy to expect too much of the holidays. High expectations are fostered by the media, advertisements and songs. Our culture bombards us from all directions with idealized images of the holidays.

Children's expectations begin to rise with the arrival of the first holiday catalogs in September and the magnitude of those expectations becomes apparent with the first "wish list." While children's unrealistic expectations are obvious, it is important to realize that adults, too, have expectations which are not realistic. When our experiences do not live up to the idea, we may feel disappointed, upset or worse. This contributes to holiday stress.

MONEY: Don't fall for our culture's materialistic message that expensive gifts are a sign of love and caring. Remind yourself it is possible for your family to have memorable holiday experiences without spending a great deal of money. Discuss your financial situation as a family and develop a holiday budget based on realistic expectations and stick to it.

TASKS: All gifts do not have to be wrapped at home, nor do all cookies have to come from your oven. Even with good time management, it is sometimes impossible to get everything done without becoming tense, exhausted and irritable. Learn to say no.

FAMILY PROBLEMS: While the "media" family is all smiles during the holidays, don't expect all of your time with family to be characterized by love and harmony. Family problems do not magically go away. Real people and real families are not perfect. Don't

expect them to be. There may be a few rough spots but you can still come out of the holidays with some precious family experiences.

Being realistic about the holidays is not being cynical. It is a way to avoid unnecessary disappointment and stress. You and your family are more likely to truly enjoy your holiday experiences if you are not judging them against some unattainable ideal. (LJ)

Adapted from an article by Gary Hansen, Realistic Expectations Help Avoid Holiday Stress

Children & Toys

Parents, grandparents and other friends carefully shop for the latest, most exciting and up-to-date toys advertised for the holiday season. They carefully wrap the gift and anxiously anticipate the delighted ohs and ahs as the gift is unwrapped. A few minutes later they watch dumbfounded as the child has

a great time playing with the boxes the gifts came in. What happened?

Sometimes the hype surrounding a particular toy has much more appeal than the toy itself. We know that it is through play children learn about the world around them and toys are often a child's tools for learning. Toys help children to:

- Use their bodies.
- Develop their social skills.

• Develop their ability to talk.

- Learn about their senses (hearing, seeing, feeling, tasting).
- Begin to solve problems.

Toys should be chosen carefully, however. For example, when choosing a toy ask yourself:

- Will the child like it more than a day?
- Is it suited to the child's

abilities?

- Is it suitable for the child's mental and social development?
- Is it well made, strong and safe for the age of the child?

Those who purchase toys need to make certain they are safe by checking the label to make sure the toy is suitable for the age of the child and then providing the necessary supervision for children when they are playing. (LJ)

Family Living



Helping Our Kids Cope with War and Terrorism

Our sense of security and well-being has been seriously undermined since the terrorist attack on Sept. 11, 2001. We are now dealing with new realities and uncharted territory. All of us, including our children, are dealing with grief, sadness, tension, anxiety, fear, anger and other strong emotions. Economic uncertainty adds to our stress and future events are likely to bring more uncertainty. Therefore, it is important we develop long-term strategies to help ourselves and our children cope.

Tips for Parents

- Take time to think about, and cope with, your own feelings.
- Help your children cope with their feelings by simultaneously acknowledging their feelings and reassuring them.
- Don't try to talk children out of what they are feeling.
- Share your feelings with your children (depending on their ages), but be careful not to

look to your children for support. Avoid extreme language when sharing your feelings or reactions to the tragedy.

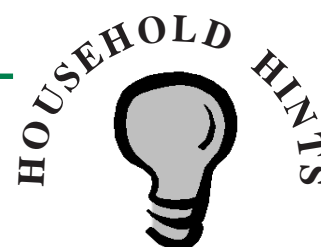
- Talk to children about constructive ways to handle their anger.

- Let children know it's okay to ask questions. Answer their questions directly, but do not give them more information than they need or more than you think they can handle.

- Try to balance the attention you give to the tragedy and unfolding events with maintaining "normal" activities and routines at home.

- Monitor what your kids see and hear about the tragedy through the media to make sure you are comfortable with the messages they are receiving based on their age, maturity level, etc.

For more information on helping families deal with war and terrorism visit the Lancaster County Extension Web site at www.lancaster.unl.edu (LJ)



by Lorene Bartos, Extension Educator

The proper way to dispose of leftover cleaning products:

- Use them up.
- Give them to someone who can use them. If you do this, be sure to leave the labels intact.
- Dispose of water soluble cleaning products down-the-drain. Water soluble products are those that are normally mixed or rinsed with water when using. Such products include all-purpose cleaners, bleaches, dishwashing detergents, laundry products, water-based metal cleaners and polishes, and toilet bowl cleaners. Use running water while discarding them down-the-drain and do not mix products together.
- Dispose of solid cleaning products in the trash. This includes products like bar soaps, soap scouring pads or towellettes.
- Dispose of non-water soluble products (those not used with water) as special household waste. This category includes such products as some furniture cleaners and polishes, spot removers used for drycleanable garments, metal cleaners and polishes not used with water, products that state on the label they are flammable.



4-H & Youth

Holiday Gifts

Holiday gifts needed. There is always a need for helping the less fortunate, especially around the holiday season. Lincoln Public School Headstart Program is in need of over 300 gifts for three and four year old children. New, handmade, or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed.

If gifts are wrapped, please

indicate what the item is, the cost (\$3 to \$4 recommended) and if the gift is for a boy or girl. Bring gifts to the extension office by Dec. 1.

For more information, contact Lorene at 441-7180. This is an excellent community service program for 4-H, FCE, and other community clubs. Individuals are welcome to participate. (LB)

4-H CAN Fight Hunger

In an effort to fight hunger, Nebraska 4-H will be conducting a 4-H CAN Fight Hunger Campaign. The goal is collecting 4000 pounds of

food. Collect donated food now until Jan. 5, 2002 and donate it to a charity of your 4-H club's choice. You can also bring it to the extension office and we will donate it to the food pantry.



Please report to Tracy the total weight of food collected, the number of youth and adult volunteers, the number of total volunteer hours, the agencies and/or groups who

benefitted from the food drive, and any publicity the project received. Call Tracy at 441-7180 for more information and for 4-H CAN Fight hunger promotional material. (TK)

4-H Horticulture Team Wins 2nd Place

Congratulations to the Lancaster County 4-H Intermediate Horticulture Team who won second place at the 2001 State 4-H Horticulture Contest. Team members include Noelle Badeer, Ian Badeer, Nicole Pedersen and Kristin Malone. The contest was held Saturday, Sept. 1 at the East Campus Union.

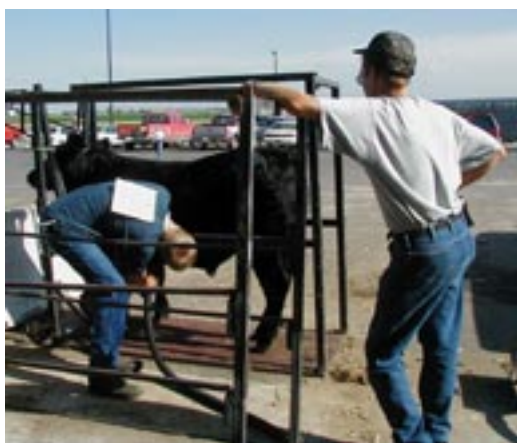
Team members did well

individually at the contest. The individual results are: Noelle Badeer placed 5th, Nicole Pedersen placed 13th, Ian Badeer placed 17th and Kristin Malone placed 22nd.

The contest is made up of three parts, identification, judging and a written test. This was the first State Horticulture contest for each of the team members. (MJF)

Quality Assurance Training

This year all youth in the Lancaster County 4-H livestock program exhibiting beef, sheep, swine, goats or dairy are required to attend a quality assurance training. This certification program will teach all 4-H'ers proper care techniques of their animals, including the following: daily care and management, prevention, handling, carcass quality and medication. This certification is to ensure each 4-H'er, as a consumer, is producing a safe, high quality meat or dairy product. These trainings will take place this winter and spring. Please check you mail and THE NEBLINE for upcoming training dates. (DK)



4-H Volunteer Forum

The 2002 Nebraska State 4-H Volunteer Forum will be held Feb. 15-16 in Grand Island. This forum is a conference developed by a committee of 4-H volunteers from across the state.

Network with other 4-H leaders, exchange successful 4-H programs among 4-H leaders and be introduced to new area and projects. There will be numerous workshops offering hands-on learning experiences and new ideas and programs designed to enhance your club.

Anyone interested in 4-H is welcome to attend. Applications for scholarships from the State 4-H Office are due Dec. 15. Applications for scholarships from the 4-H Council are also available.

Contact Tracy at 441-7180 for more information. (TK)

Volunteer Profile

The Lancaster County 4-H Council has endorsed the state mandated 4-H Leader/Volunteer Qualification process, coordinated through the State 4-H Office. 4-H leaders and volunteers are required to complete the Personnel Information Sheet in the Volunteer Profile booklet and are covered by \$1 million of liability coverage through the University of Nebraska. If you're working with youth in the 4-H program and haven't already filled out the form, please fill it out and return it to the extension office. As new leaders are designated this year, they also

need to complete the form. Forms are available at the extension office.

The Personnel Information Sheets are sent to the State 4-H Office. The background checks will be conducted by the Nebraska Department of Health and Human Services. This same procedure is being used by numerous youth-serving groups across the state. On the extremely rare chance that the background check is red flagged, persons will be contacted by Dr. Gary Heusel, State 4-H Leader. **THANKS** for your participation and cooperation! (LB)

4-H Shooting Sports Leader Training

A Nebraska 4-H Shooting Sports Leader Certification Workshop has been scheduled for Dec. 8-9 at the Custer County Fairgrounds in Broken Bow. Registration deadline is Nov. 21.

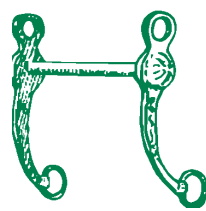
Adult volunteers can choose one of seven disciplines to become certified. Muzzle loading, wildlife, archery, rifles, shotgun, pistol and re-loading will be offered.

Participants will learn under expert instruction as well as shoot in state of the art indoor and outdoor shooting facilities. Participants may also acquire certification as a National Rifle Association Instructor in Pistols and Rifles if they choose.

Due to the financial support of the National Wild Turkey Federation and Federal Cartridge the registration fee is very reasonable. Registration fee is

\$45 per person, the fee includes meals, program and range fees. Lodging is available at many local Broken Bow motels. Registration will begin Saturday, 8-9 a.m. and departure will be Sunday, 3:30 p.m.

For more information and registration materials contact Lorene at 441-7180. (LB)



HORSE BITS

The new 4-H year has begun. Lancaster County has 15 active 4-H Horse Clubs and approximately 250 horse project members total. Our clubs range in size from five members to over twenty members. The 4-H horse show schedule has slowed to a standstill for the rest of the calendar year, that makes this is a good time to concentrate on the "finer" aspects of 4-H!

Start looking over those record books. Each 4-H exhibitor should start the new year with a new record book. 4-H leaders can help you learn how to use these to record the time and money

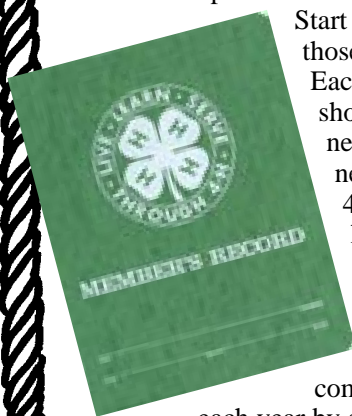
commitments made each year by someone who trains and cares for a horse. They encourage a child to learn good record keeping skills. If you

have never seen or used these before, come in to the extension office and ask for one. At 35 cents, they're the cheapest book on the shelves!

Get started studying for your next horsemanship level. Every horsemanship level requires at least a demonstration, written test and skills test. This is a great time of year to work on the demonstration and study for (and take if you're ready) the written test. If these are turned in and signed off by your leader, you'll be way ahead of the game in the spring when it's crunch time and you have to have the testing turned in to the extension office.

Most of all, this is an excellent time to do some community service work.

Celebrate a job well done, another year gone by, and acknowledge your club's or child's accomplishments. Welcome new members into your club and help them learn about the typical 4-H year. If you need help, call our office at 441-7180 and ask for Ellen Kraft. We would love to help you make this new year even better. (EK)



State 4-H Office Suggested Ideas in the Wake of the Sept. 11 Attacks

Learning About Service

Why Should We Help?

Have children write a list of the different people who they think were directly effected by the tragedy in New York City and Washington D.C.

Next have them think about how they would feel right now if those different people could have been people they knew or possibly could have been themselves (be sure to be sensitive to those who might have really know someone).

Now ask them what they would need if it had been them and how they could get what they needed and who could provide it for them. Finally, have them think about what they can do to help out the people who are on their list and devise a plan so that they can put their service idea into action.

Service Ideas

Send thank you letters to rescue workers

Please send to: ATTN: Rescue Workers, The City of New York, 100 Church St. 20th Floor, New York, NY 10007

Help Raise Money

Youth can help now by supporting relief efforts. Relief organizations report that they need cash donations to fund special resources and personnel. For links to make a donation, visit The September 11th Tragedy at <http://4h.unl.edu/help.htm>, which offers links to donation destinations.

Helping the Red Cross and Salvation Army

Donate needed items to the Red Cross. Items needed include: T-shirts, underwear, toothpaste, toothbrushes and baby wipes.

Have a Dimes for Disaster Day: Encourage children, youth and adults to wear red, white and blue and bring dimes to donate to the Red Cross and Salvation Army.

Resources

Kids 4 Peace

This Web site, found at www.kids4peace.com, teaches kids (preteen to mid-teen) about the global problems of war, poverty and environmental degradation, but with a focus on the positive, encouraging kids to be idealists. It offers kids advice on topics such as dealing with conflict and anger. Kids are taught how to be global activists by writing letters and joining or starting peace clubs. The site

includes teachers' lesson plans and projects for teaching about global issues and the United Nations (grades K-12).

Opportunities

Youth Creativity

Have a child write a poem that reflects what he/she is feeling or thinking in the wake of this tragedy. Send his/her poem along with his/her name, age and city/state to megster9799@aol.com, and if successful it may be published in a memorable collection of feelings and expressions for the youth of future generations to read.

National Family Volunteer Day

Every Saturday before Thanksgiving (this year it is Saturday Nov. 17), FAMILY MATTERS sponsors the National Family Volunteer Day. FAMILY MATTERS links families with other families, neighborhoods, businesses and no-profit organizations to foster community-oriented volunteering. The spotlight on families is designed to showcase the benefit of working together as a family to benefit others.

For more information, call 1-800 VOLUNTEER or visit www.pointsoflight.org.



4-H & Youth

Citizenship Washington Focus Update



In June of 2002, 40 youth from Lancaster County will be attending a leadership, citizenship development seminar in Washington D.C.

Youth have been doing fund-raising for two years to help aid their travel funds. A popular fund-raising going on in the near future will be meat sales

for the holidays. The group is also selling Avon Skin-So-Soft original moisturizing bath oil - not only does it make your skin soft, we have a recipe to make it into a safe animal fly spray.

If you would like to be contacted by a CWF member, please call Deanna at 441-7180. (DK)

Leather Crafts

Have you ever wanted to learn the basics of leather tooling so you could make items such as a coin purse, key fob, watch band, coasters, book-marks, wallets, and belts? Due to increased interest in leather projects, the leather craft 4-H project is being reintroduced in Lancaster county at the county

level only. After the first of the year workshops to explain and instruct the skills and tools used in leather crafting will be held at the Lancaster Cooperative Extension office. Future NEBLINE articles will provide more information or contact Tracy. (TK)

4-H Teen Council On the Move!



2001 4-H Teen Council Officers

First Row: Treasurer Emily Schroeder, President Jami Rutt, Co-Historian Megan Fry.
Second Row: Secretary Connie Lemke, Co-Historian Rachel Rentschler.
Back Row: Vice President Bryce Lemke.



Teens Caught Participating in a Community Service Project

Teen Council Members Emily Veburg, Alyssa Fiala, Karen Clinch, and Laura Cassel decorate lunch bags for the Tabitha Meals on Wheels program during the October Teen Council meeting. (TK)

4-H Bulletin Board

Teen Council will meet Sunday, Dec. 9, 3-5 p.m. All teens interested in joining Teen Council are invited to attend or call Tracy at 441-7180. See you there! (TK)



Community Focus

Days of Religious Observances

LaDeanne Jha
Extension Educator

This time of year is a time for many religious observances and it is sometimes confusing for those of us familiar with the Gregorian calendar to make sense of different calendaring systems used by various religions and cultural groups. At one time the rhythm of our lives was closely tied to the change of seasons. Many of our daily routines no longer rely on those natural signs for setting our clocks and calendars.

Religious holidays and festivals vary in the timing of their observances. For example, Baha'i holidays begin at sunset the day preceding the holiday. Jewish holidays start at sundown the day before the first full day of the holiday and end at sundown on the last day of the holiday. The Jewish calendar is 354 days and every so often a leap month is added. This is one of the reasons Jewish holidays fluctuate year to year. The Jewish calendar is primarily lunar based while in the United States we essentially use a solar calendar.

Islamic holiday festivals begin with the first sighting of the moon on the evening before the first day of the holiday. For example, the holy month of Ramadan begins when a crescent moon is observed the evening prior to the first day of the month of Ramadan. The beginnings of these festivals and events depends on observation of the moon. In this sense, the Islamic calendar is an observation-based calendar. This year in Nebraska Ramadan will begin on Nov. 17 for some and for others on Nov. 16 when they observe the day prior to the start of Ramadan in preparation and to avoid missing the crescent moon sign.

Ramadan, the Month of Fasting



Sief Mahagoub
Extension Community Coordinator

Ramadan is a special month of the year for over one billion Muslims throughout the world. Muslims think of it as a kind of tune-up for their spiritual lives. There are as many meanings of Ramadan as there are Muslims. Among these, the most important it is a means of learning self-control. Due to the lack of preoccupation with the satisfaction of bodily appetites during the daylight hours of fasting, a measure of ascendancy is given to one's spiritual nature, which becomes a means of coming closer to God. Ramadan is also an opportu-

The following are some religious and cultural groups' holidays and observances.

African American

Kwanza is celebrated from Dec. 26 to Jan. 1. This holiday focuses on seven principles: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith.

Bahat

Baha'i's observe the birthday of Bab on Oct. 20 by suspending work and coming together for prayer and festivities. The Bab is considered a spiritual messenger and forerunner of Baha'u'llah, the prophet and founder of the faith. Baha'u'llah's birthday occurs on Nov. 12 and is another significant day of observance for Baha'i's.

Buddhist

Bodhi Day is Dec. 8 and celebrates Buddha's Enlightenment — a time when he gained understanding of the truth of existence, was freed from human suffering and found perfect happiness. This date is based on the Japanese Buddhist calendar and observed by Mahayana Buddhists.

Islam

Ramadan, The Month of Fasting, is the holiest month of the Muslim year (see related article below). Eid al-Fitr, The Feast of the Breaking the Fast, marks the end of this period of fasting with festivals, buying and wearing new clothes and celebrations over three days. Eid al-Fitr arrives in early winter. These religious festivals and holidays may significantly affect business openings and work schedules. This is especially true of Eid al-Fitr and Eid al Adha,

See **OBSERVANCES** on next page

Watching the Corn Grow

Internet Course Offers Real-Time Farming Experience

Charles Flowerday
Conservation and Survey

A new University of Nebraska internet course that lets students look in on a working farm now offers real-time video of farming operations and natural resources data gathering via a Web-based camera, a much-anticipated feature of the farm.

Using the newest technology to connect them to humanity's oldest industry, "America's Farm" focuses on operations at

where the Center for Advanced Land Management Information Technologies (CALMIT) already conducts much of its research on remote sensing, geographic information systems and agriculture. Funded by a \$700,000, three-year grant from NASA, the course also offers views of the

are not exposed to farming and need to be aware of its influence and different topics that affect farmers," one student said in the course evaluation.

The course has included about 15 students but should eventually accommodate 20-25. Unlike some Internet classes, it

is not self-paced, running roughly concurrent with each semester. This was done to facilitate interaction and a sense of community among the students taking it, sometimes lacking in Internet instruction, Clark said.

The class will also be cross-listed through UNL in the future. It is part of a new problem-solving teaching format designed to use open-ended questions as a way to tackle a number of related subjects, Perk said.

These "inquiry-based" scenarios require that students research a problem emerging from farm life or operations, develop questions leading to solutions, acquire and analyze suitable data and generate a set of conclusions. Examples include setting up an airborne imaging project or geographic information system for the farm; using remote sensing to assess crop residue from conservation, or reduced, tillage; soil compaction; irrigation efficiency or pasture quality; using remove sensing and GIS to analyze the spread of weeds; or linking yield results with soils quality. The Web camera also should tie into local climate data and help students see what field looks like under various climatic and cropping conditions, Perk said.

America's Farm also has resulted in a plan to incorporate the nation's first technology track into the curriculum at Mead High School, one of a select group of magnet schools for agriculture in the country. The track would allow students to specialize in high technology such as remote sensing and GIS, Perk added.

"There are about a half dozen agriculture magnet

See **CORN GROW** on next page



At the remote sensing research facilities used by CALMIT (pictured at top), researchers collect close range remote sensing data (pictured below) to be incorporated into America's Farm education products.

NU's research farm at Mead and is offered to teachers of science, social studies and vocational agriculture as curriculum development. The course finished its second full semester last spring after a fall semester with a 100-percent completion rate, much greater than most Internet courses, said Paul Clark, grant coordinator for the College of Education at the University of Nebraska at Omaha. He is collaborating on the project with the University of Nebraska-Lincoln's Center for Advanced Land Management Information Technologies.

The class has been used by educators teaching every age from kindergarten to high school, Clark said.

America's Farm is on the 9,500 acre NU Agricultural Research and Development Center (ARDC) near Mead,

farm from aircraft and satellites. Remote sensing involves airborne or satellite imagery, and geographic information systems are computerized means of displaying and analyzing spatial data.

"The idea is to give teachers and their students access to a real, working Midwestern farm and to deliver various kinds of data in a package that teachers can use, all over the Web," said Don Rudquist, director of CALMIT, which helped secure the grant and provides technical assistance. A program of the Conservation and Survey Division and the UNL School of Natural Resource Sciences, CALMIT is UNL's center for remote sensing and GIS.

"It was good for my students to see how the farming community affects the economy of Nebraska. With the decline in the number of farmers, students

This Nebraska math graduate is a proven problem solver.



Lt. Shane Osborn faced a lot of challenging problems as a mathematics student at the University of Nebraska-Lincoln, but his ultimate test came last April when he successfully landed a badly damaged EP-3E surveillance plane on China's Hainan Island after colliding with a Chinese F-8 fighter. For saving his 24 Navy crewmembers under extreme circumstances, this Norfolk native has been hailed as a hero across the country. Commissioned in the U.S. Navy after completing the NROTC program and receiving a degree in math at Nebraska, Shane will continue to serve the Armed Forces as an EP-3E instructor pilot.

For landing opportunities...
There is No Place Like Nebraska.

Rated a "Best Value"
Admissions:
472-2023 or www.unl.edu

UNIVERSITY OF
Nebraska
Lincoln

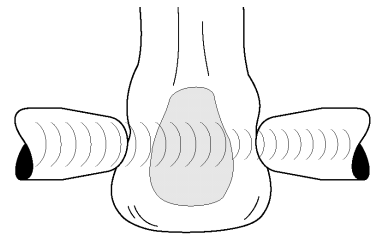
An equal opportunity educator and employer with a comprehensive plan for diversity.

FREE Sahara Bone Density Screenings at Senior Health Promotion Center

The Senior Health Promotion Center located at the Lincoln Downtown Senior Center (1005 “O” Street) offers FREE Sahara Bone Density Screenings to women 60+ on MOST Thursdays from 9:30 a.m. to 2:30 p.m. on a drop-in basis. Wear some type of stocking that can be removed as the testing is done on your bare foot. It takes about 10 seconds and is painless. Call Aging Services Lifetime Health Program at 441-7575 for more information about the screening and to check if screening will be offered on the day you wish to come.

The Sahara Clinical Bone Sonometer, produced by Hologic, Inc., can identify women at risk of developing osteoporosis. Once alerted to the possible onset of the disease, patients can talk with their health professionals and research measures they can take to prevent further bone loss.

The Sahara Clinical Bone Sonometer uses ultrasound to



Sahara Clinical Bone Sonometer’s transducers send and receive ultrasound signals through the calcaneus (heel).

estimate bone density in the calcaneus or heel. The calcaneus is an easily accessible site and consists of 75 to 90 percent trabecular bone, a spongy bone tissue that is more responsive to age, disease, and therapy induced bone changes. Some studies have demonstrated a relationship between bone density of the calcaneus and future fracture risk.

Osteoporosis and related bone disorders affect 28 million Americans — 80 percent of whom are women. Each year this debilitating disease contributes to more than 1.5 million

new fractures of the hip, spine and forearm.

For more information about what you can do to help prevent osteoporosis, check the article on “Nutrition and Osteoporosis” on the Lancaster County Extension Web site at:

www.lancaster.unl.edu/food/ftm-j01.htm or for a copy of this information, send a self-addressed, stamped, business-size envelope to: Nutrition and Osteoporosis; Attention: Alice Henneman; Lancaster County Extension Office; 444 Cherrycreek Road, Suite A; Lincoln, NE 68528-1507.

Also, you can check out a tape on “Nutrition and Osteoporosis” of a presentation given by Extension Educator Alice Henneman as part of BryanLGH’s Women’s Series. The tape is available from BryanLGH Community Health Education and Resource Center. Call BryanLGH at 481-8886 to make arrangements for picking up the tape. (AH)



OBSERVANCES

continued from preceding page

the Feast of Sacrifice which occurs in early spring.

Jewish

Religious or observant Jews in the U.S. spend most of the holy days of Rosh Hashanaah (Jewish New Year), which occurs in early to mid-fall, and Yom Kippur (Day of Atonement), which follows eight days later, praying in religious sanctuaries. Many do not work during Sukkoth, the agricultural holiday celebrating the final gathering of food for the winter. This observance lasts seven days during which food is eaten in temporary huts. Hanukkah is the most well-know Jewish holiday and usually falls on various days in December. It is, however, considered a relatively minor holiday in the Jewish religion.

Christian

Countries with a majority Christian population celebrate



Mecca, Saudi Arabia, is the holiest place in Islamic religion.

the major Christian holidays as times when people do not work. Individuals practicing Eastern Orthodox Christianity celebrate holidays according to the Eastern Orthodox religious calendar, which observes Christmas on Jan. 7. Roman Catholic Christians and most Protestant faiths follow the tradition of celebrating Christmas on Dec. 25, the date established in the fourth century as the official day for celebration. There are some Protestant groups that do not recognize nor

celebrate Christmas, public holidays or birthdays. People immigrating from Mexico may bring with them the tradition of celebrating two Christmases. Dec. 25 is observed as the birth of Christ and no gifts are exchanged. Gifts are given on the second day of celebration, Jan. 6 — the Day of the Gift. This is the day in Christian tradition when the Magi gave gifts to the Christ Child.

Adapted from an article by Gae Broadwater, Kentucky State University (LJ)



RAMADAN

continued from preceding page

starts at the breaking of dawn and ends at the setting of the sun. In between — during the daylight hours — Muslims totally abstain from food, drink, smoking and sex. The usual practice is to have a pre-fast meal (suhoor) before dawn and a post-fast meal (iftar) after sunset.

The length of the day, and thus the fasting period, varies in length from place to place over the years. Every Muslim, no matter where he or she lives, will see an average Ramadan day of the approximately 13.5 hours.

Since Ramadan is a special time, Muslims in many parts of the world prepare certain favorite foods during this month.

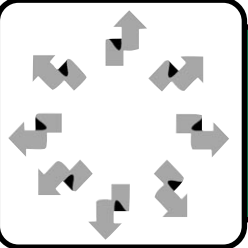
Since Ramadan emphasizes community aspects and since everyone eats dinner at the same time, Muslims often invite one another to share in the Ramadan evening meal.

Some Muslims find they eat less for dinner during Ramadan than at other times due to stomach contraction. However, as a rule, most Muslims experience little fatigue during the day since the body becomes used to the altered routine during the first week of Ramadan.

Muslims use many phrases in various languages to congratulate one another for Ramadan. Here is a sampling of them:

- “Atyab at-tihani bi-munasabat hulul shahru Ramadan al-Mubarak” (The most precious congratulations on the occasion of the coming of Ramadan) —Arabic
- “Elveda, ey Ramazan” (Farewell, O Ramadan) — Turkish
- “Kullu am wa antum bi-khair” (May you be well throughout the year) —Arabic
- “Ramadan mubarak” (A Blessed Ramadan) —universal

Miscellaneous



HEATING

continued from page 5

the stove, the higher the chance for creosote problems.

Airtight stoves with catalytic combustors can cut creosote problems up to 90 percent, reduce wood consumption as much as 20 percent, and increase the overall efficiency of the stove by 10 percent. The combustor also reduces the amount of pollution entering the air by as much as 75 percent.

Tips for operating wood stoves and fireplaces safely include:

- Don’t overload with wood.
- Keep glass doors closed or screen in front of fire at all times.
- Don’t close the flue before the fire is out.
- Don’t leave the fire unattended.
- Keep combustibles away from fireplace.
- Reserve the fireplace for wood, not trash burning.
- Have the chimney, stove or fireplace inspected regularly. (TD)

Source: Larry Zoerb, extension educator, Colfax County.

CORN GROW

continued from preceding page

schools across the country, but none has a technology track,” Perk said. “We are going to introduce the concepts of remote sensing and GIS through the magnet school and through America’s Farm.”

With information available to anyone who wants to look at the Web site, Perk said America’s Farm was created to educate a public whose children tend to be curious about farms; take advantage of a recent emphasis on computer-assisted, site-specific farming known as “precision” agriculture; explore advances in remote sensing, GIS and global positioning systems; augment the teaching of vocational agriculture; educate producers and farm managers; and explore practical applications of remote sensing.

America’s Farm Web site is <http://ois.unomaha.edu/amfarm/>. Those interested in taking this course should contact UNO’s Office of Internet Studies at 554-3839.

Conservation and Survey is part of the NU Institute of Agriculture and Natural Resources.



Barb and Ron Suing Named County/City Volunteers of the Month



On Oct. 30, Barb and Ron Suing (above right) of Lincoln were recognized by the Retired & Senior Volunteer Program (RSVP) and the Lancaster County Board of Commissioners as the County/City Volunteers of the Month for November.

Ron and Barb have served as 4-H leaders a combined 28 years. They continue to support the 4-H program even after their children completed the program. Both serve as 4-H Superintendents at the county fair, Barb in the foods area and Ron in engineering. Barb served as a 4-H Recruiter and helped new 4-H clubs during their first year. Ron continues to lead a 4-H Clover College class in rocketry and encourages youth to build and launch their own rockets. He travels throughout the state to share his expertise in this area.

In addition to their work with 4-H, Ron and Barb volunteer for the Southwood Neighborhood Association and are active in their church.

Ron and Barb were presented a certificate of appreciation, a balloon bouquet, an 8' x 10' photograph and a cash award. Their names will be placed on a permanent plaque in the County/City building.

Congratulations to Ron and Barb Suing. They continue to go the extra mile to support 4-H and Cooperative Extension.

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County



THE NEBLINE is published monthly by:
University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Rd., Suite A
Lincoln, Nebraska, 68528-1507
Phone: 441-7180
Fax: 441-7148
TDD: 441-7180

FingerTips Programs & Events Hotline: 323-1784
NUFACTS Information Center: 441-7188
Composting Hotline: 441-7139
Website: lancaster.unl.edu

All programs and events listed in this newsletter will be held
(unless noted otherwise) at:
Lancaster Extension Education Center
444 Cherrycreek Rd., Rooms A-C (event rooms posted)
Lincoln, Nebraska
Lobby Phone: 441-7170



Gary C. Bergman, Extension Educator-Unit Leader,
gbergman1@unl.edu

- Lorene Bartos**, Extension Educator, lbartos1@unl.edu
Corey Brubaker, Extension Educator, sbrubaker1@unl.edu
Maureen Burson, Extension Educator, mburson1@unl.edu
Patrice Broussard, Nutrition Advisor, pbroussard2@unl.edu
Tom Dorn, Extension Educator, tdorn1@unl.edu
Soni Cochran, Extension Associate, scochran2@unl.edu
Lance Cummins-Brown, Extension Educator, lbrown4@unl.edu
Mary Jane Frogge, Extension Associate, mmcreynolds1@unl.edu
Arlene Hanna, Extension Associate, ahanna1@unl.edu
Alice Henneman, Extension Educator, ahenneman1@unl.edu
Don Janssen, Extension Educator, djanssen2@unl.edu
LaDeane Jha, Extension Educator, ljha1@unl.edu
Ellen Kraft, Extension Assistant, ekraft1@unl.edu
Tracy Kulm, Extension Associate, tkulm1@unl.edu
Deanna Karmazin, Extension Associate, dkarmazin2@unl.edu
Vicki Jedlicka, Publication & Media Assistant, vjedlicka2@unl.edu
Sief Mahagoub, Community Coordinator, smahagoub2@unl.edu
Mardel Meinke, Extension Assistant, mmeinke2@unl.edu
Barb Ogg, Extension Educator, bogg1@unl.edu
Andrea Ohlrich, Extension Assistant, aohlrich2@unl.edu
Sondra Phillips, Nutrition Advisor
Kendra Schmit, Extension Assistant, kschmit2@unl.edu
David Smith, Extension Technologist, dsmith9@unl.edu
Ali Alkhazraji, Americorps - VISTA, aalkhazraji2@unl.edu
Jim Wies, Extension Assistant, jwies1@unl.edu
Karen Wobig, Extension Assistant, kwobig2@unl.edu

NEBLINE articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska Cooperative Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.



NEBLINE FEEDBACK

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

1. Change your address or order a subscription (*please print*)
2. Submit general comments and/or story ideas

Name _____

Address _____

City _____ Zip _____

- ☐ Order subscription (*free—however, there is an annual \$5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065*)

- ☐ Change of Address

Comments _____

Story Idea(s) _____

Return to:
University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

NOVEMBER

| | | |
|------------|--|-----------|
| Nov. 14 | Horse VIPS Meeting | 7 p.m. |
| Nov. 15 | AMERICA RECYCLES DAY Fair Board Meeting (Lancaster Event Center) | 7:30 p.m. |
| Nov. 18-24 | NATIONAL FAMILY WEEK | |
| Nov. 27 | Pet Pals Club Meeting | 7 p.m. |

DECEMBER

| | | |
|---------|--------------------------------|----------|
| Dec. 3 | Crop Rental Meeting | 1-4 p.m. |
| Dec. 4 | 4-H Council Meeting | 7 p.m. |
| Dec. 9 | 4-H Ambassador Meeting | 2 p.m. |
| Dec. 9 | 4-H Teen Council Meeting | 3-5 p.m. |
| Dec. 14 | Extension Board Meeting | 8 a.m. |

Crop Rental Meeting Will Address Trends and Details to Consider

In many counties in Nebraska, more than 60 percent of the cropland is rented. Share leasing is still the predominant type of agreement in the state, but various forms of cash leasing are becoming more popular. Cash leases represent about 40 percent of the crop leases in the state.

A number of details should be considered when developing a lease agreement. These include: land ownership costs, crop production costs, federal farm program benefits, the market value of the crops produced and

the relative risks of the two parties in the agreement.

Lancaster County Extension will host a rental arrangements seminar on Dec. 3 from 1-4 p.m. The workshop will present information on the current trends in rental agreements and the essential elements to include when developing a fair and equitable agreement. Examples will be calculated for local conditions, including an opportunity to budget specific case situations.

Topics to be covered include:

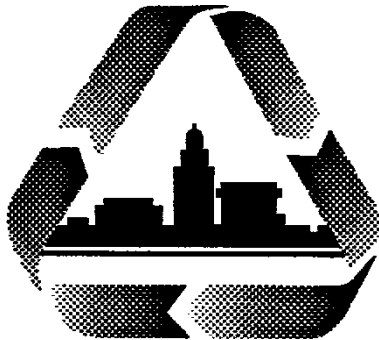
- Current cash rental rates.
- Common share agreements.
- Principles for fair and equitable leases.
- Keys to maintaining good landowner-tenant relationships.
- How to adjust rental agreements.

The presenters include Nebraska University Extension farm management specialists Roger Selley and Doug Jose.

For more information about the crop rental arrangements workshop, call 441-7180 and ask for Tom Dorn. (TD)

Recycling: An Important Part of Local Solid Waste Management

Gene Hanlon
City of Lincoln Recycling
Coordinator



Each week, households across Lincoln and Lancaster County, perform the same ritual. We take the trash out of our homes and watch it magically disappear.

We don't give it much thought, but a lot of planning and organization goes into this simple task. Each day hundreds of people climb into expensive trucks to collect your waste and take it to a disposal facility, designed and managed by the City of Lincoln, to protect the health and safety of our residents.

The City also has spent millions of dollars to offer non-disposal programs such as recycling, composting, household hazardous waste programs and pollution prevention programs to serve residents in Lincoln and Lancaster County. Our solid waste management system is very complex and offers many services to our residents.

Over the past decade, recycling has become a very important part of our solid waste management system. A network of private recyclers provide county residents the opportunity to recycle scrap metals, paper and cardboard from businesses, as well as, household recyclables. Each year, these private firms recycle more than 107,000 tons of material. In addition, contractors in the county recycle concrete and asphalt. More than 230,000 tons of concrete and

asphalt is recycled each year.

Roughly 55,500 tons of material were recycled last fiscal year through public sponsored programs. These include the city's biosolids land application program which spreads roughly 24,225 tons of wastewater residuals on farm ground as a municipal fertilizer. Another 24,950 tons of material were composted or ground into wood chips last year. The recycling drop-off program recycled 6,187 tons of material last fiscal year.

When public and private sector recycling programs are added together, close to 50 percent of the waste generated in Lincoln and Lancaster County is being recycled. If only traditional recyclables are considered and the construction and demolition debris and the wastewater biosolids are not included, roughly 28 percent of Lincoln's solid waste is being recycled.

Recycling benefits our community a number of ways. Since 1992, public sector recycling efforts have saved 1.3 million cubic yards of landfill space. This amount represents a savings of more than 2.75 years in the landfill's life. The value of

landfill space in the Bluff Road Landfill is estimated at \$11.90 per cubic yard. This translates to savings to the City and County of over \$15.5 million. If our current level of recycling is continued over the remaining 21-year life of the landfill, another 5.75 years will be added to the landfill life.

Recycling also provides intangible benefits. For example, producing one ton of paper from discarded waste paper uses 70 percent less energy, half the water, and results in 74 percent less air pollution and 35 percent less water pollution, saves 17 pulp trees, reduces solid waste going to landfills and creates five times more jobs than producing a ton of paper from virgin wood pulp.

As a result of local recycling programs, less waste is being hauled out to the curb each week and transported to the landfill. Last fiscal year, about 2,320 pounds of waste per person was disposed of, compared to about 2,485 pounds of waste per person a decade ago. This represents a decrease of 6.8 percent in the per capita disposal rate. This decline is directly related to a reduction in the amount of waste generated through recycling, household hazardous waste and pollution prevention programs.

A number of publications, brochures and videos are available through Lincoln's Solid Waste Operations. For more information, call the Recycling Office at 441-8215 or browse the website at www.ci.lincoln.ne.us/city/pworks/waste/recycle.